

Abstract

Title: Psychological preparation in sport shooting

Objectives: The objective of this thesis is usage of psychological preparation by sport shooting representation team in Czech Republic. How they are informed about psychological preparation. What it means to them. Which types of regulation they use and how they behave before and after a competition.

Methods: A Questionnaire was used as a method for data obtaining. The questionnaire was compiled for the purposes of this Thesis. The researched group contained sport shooting athletes from Czech Republic representation team.

Results: The results of the research showed that sport shooters think the psychological preparation is very useful. Unfortunately only half of respondents use it. The most popular psychological regulators are verbal activity, concentration and music.

Key words: Sport shooting, sport training, psychological preparation, psychological regulators, emotions